

A Success Story



"I started smoking in 1951, at the age of seven years. Both of my parents were heavy smokers. I had been smoking for over 50 years when I attended a Tobacco Free for Good class. At that time, I was smoking three packs of cigarettes a day.

I became a non-smoker on November 11, 2001. Tobacco Free for Good empowered me and gave me the tools to become a free person and a winner."

John C. Logan, Jr.
of Rockford, MI

70% of the people who complete all the classes leave as non-smokers.

You can do it too!

Support Groups

Your key to Relapse Prevention!
For information call: 616-235-1427

The Quitters

2nd & 4th Monday of each month
6:00 p.m.
Saint Mary's Health Care
Wege Building
300 Lafayette SE
Grand Rapids, MI 49503

Nicotine Anonymous

Saturdays – 11:00 a.m.
Spectrum Health
Kent Community Hospital
750 Fuller NE
Grand Rapids, MI 49503



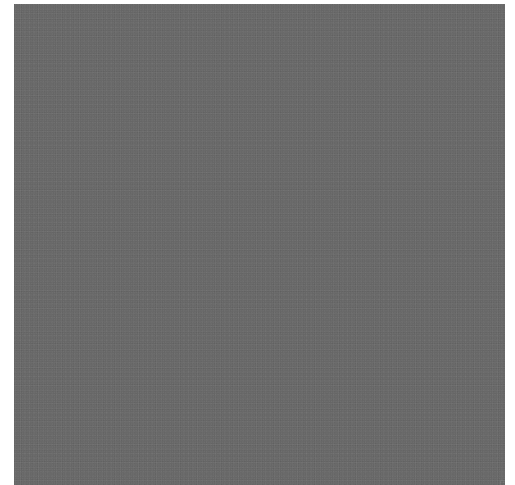
Sponsor Supported see website:
www.tobaccofreepartners.org

Tobacco Free for Good is a program of



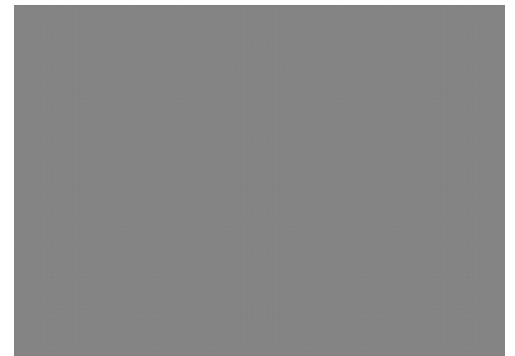
Tobacco Free Partners
Your Resource for Better Health

401 Hall Street SW Box#7
Suite 112 F
Grand Rapids, MI 49503
616-248-9165 or 616-975-0123
tfp@tobaccofreepartners.org



You can live...

Tobacco Free
for **Good**



616-975-0123

www.tobaccofreepartners.org

About Our Program

**6 Weeks – 7 Sessions
A Free Community Class**

Tobacco Free for Good is a program that will help you find the tools you need to become, and stay, tobacco free.

The program was designed to help tobacco users deal with triggers, weight control, withdrawal symptoms, daily stress, and setback prevention.

Taking part in our program is one of the best things you can do for your personal health, and the health of those around you.

It's not easy, but every attempt brings you closer to success. We're here to help you become tobacco free.

Tobacco Free for Good is provided by:

- Lowell Community Wellness
- METRO Health
- Priority Health
- Saint Mary's Health Care
- Spectrum Health
- Tobacco Free Partners
- Zeeland Community Hospital

Smoking...

It's not a habit to overcome,
It's an addiction to recover from.

Tobacco Free for Good can help.

Class Overview

Tobacco Free for Good is a seven-session group class offered at no charge to the public. There are multiple locations throughout Kent County. New classes begin monthly. The class allows participants to develop their own plan for success.



Part 1: "Creating a Cessation Plan"
Part 2: "Living Tobacco Free"

Topics Covered Include:

- Overview of smoking in your life
- Health effects of smoking
- Nicotine addiction
- Medications and nicotine replacements
- Planning for success
- Stress management
- Weight control
- Setback prevention
- Fitness and recreation

Class size is limited. Registration is recommended. Call (616) 975-0123 or register online at www.tobaccofreepartners.org

Start Recovery Now

It's not the fear of death or disease that gets you into recovery from tobacco addiction; it's the love of life.

Your life improves immediately as soon as you quit using tobacco.

In 20 minutes...

Your blood pressure drops to levels close to normal

Circulation improves...

Your hands and feet feel warmer

In 8 hours...

Carbon monoxide levels in your body return to normal

In 24 hours...

Your risk for heart attack and stroke begin to decrease

In 2 weeks to 3 months...

Lung function increases by 30% and continues to improve over time

In 1 year...

Your risk of heart attack is cut in half

In 5 years...

Your stroke risk begins to decrease

In 10 years...

Your cancer risks decrease by half

In 15 years...

Your risk of heart disease is that of a nonsmoker

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